

2016 Maine School Wellness Summit

Inspiring the Future

A Component of the Maine Schoolsites Health Promotion Program

Wednesday June 22:

- 8:00 – 9:00 a.m. Check-in, light refreshments and networking activity
- 9:00 - 9:30 a.m. Welcome, Program Overview and Introduction of Teams/Attendees
- 9:30 - 10:45 a.m. Opening Keynote Speaker – George Manning
Building a Community Workplace through Caring Leadership
- 10:55 a.m. – 12:00 p.m. Plenary Breakout Sessions
 New attendees: Worksite Wellness 101 – Building the Foundation
 Veteran attendees: Worksite Wellness 501 - Enhancing Your Program
- 12:00 - 1:00 p.m. Lunch and Wellness Time
- 1:00 - 3:00 p.m. Round Tables/ Exhibits/Mini-demonstration Rotations

Group A

- 1:00 – 1:25 p.m. Rotation 1
 1:30 – 1:55 p.m. Rotation 2

Group B

- 1:00 – 1:55 p.m.
 Exhibits/Mini-Demonstrations/Wellness Time

Group B

- 2:05 – 2:30 p.m. Rotation 3
 2:30 – 3:00 p.m. Rotation 4

Group A

- 2:05 – 3:00 p.m.
 Exhibits/Mini-Demonstrations/Wellness Time

Round Table Topics

<i>Wellness Team Ideas RSU 22</i>	<i>Inspirational activities for before, during and after school, RSU 21</i>	<i>Backpack program /Food Pantries, Good Shepard</i>
<i>School Breakfast – why teachers should support breakfast in the classroom</i>	<i>Onlife Health MEA Benefits Trust</i>	<i>Using your Data, RSU 14</i>
<i>Recovery Assistance for School Employees, RASEME</i>	<i>Wellness Challenges and more, Anthem</i>	<i>Engaging Administration RSU 35</i>

Mini-Demonstrations: Hands-only CPR ~ Brain Gym ~ Stress Management Techniques

- 3:00 – 3:15 p.m. Break and Wellness Time
- 3:15 - 4:15 p.m. Wellness Program Sessions 1:
Art as Therapy: Bookmaking ***Jump Rope for Fun & Fitness*** ***NIA***
Seated Yoga for All Ages ***Culinary Herbs*** ***Dance for Fun & Fitness***
- 4:30 - 5:30 p.m. Wellness Program Sessions 2 (Repeat of Sessions 1)
- 5:30 p.m. Networking Time and Dinner On Your Own

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Thursday June 23:

- 7:30 - 8:00 a.m. Check-in, Light refreshments and networking
- 8:00 – 9:45 a.m. Interactive Action Plan Development Work Session
(Including useful tools & resources for success)
- New attendees - mini-presentations & planning time
 - Veteran attendees - enhancing action plans for impact
- 10: 00 - 11:00 a.m. Education Sessions 1
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| <i>Managing Stress in the Workplace</i> | <i>Ergonomics in the Workplace</i> |
| <i>Impact of Drugs on the Brain</i> | <i>Bullying Prevention</i> |
| <i>The New Wellness Policy</i> | <i>Financial Wellness Across the Lifespan</i> |
- 11:15 - 12:15 p.m. Education Sessions 2
- Repeat of Sessions 1
- 12: 20 -1:20 p.m. Lunch and Wellness Time
- 1:30 - 2:45 p.m. Keynote Presentation – ***Inspiring U***
David Lee, HumanNature@Work
You have the ability to make a HUGE difference where you work. You can improve morale, foster teamwork, and bring out the best in others, if...
- 2:45 - 3:00 p.m. Closing Remarks/Give-aways